



# Northampton Parks & Recreation Aquatic and Family Center



located at JFK Middle School, 100 Bridge Rd., Florence, MA

## POOL SCHEDULE March 2022

ALL LOCAL AND STATE COVID  
REGULATIONS WILL BE FOLLOWED.  
AS OF SEPT. 23, FACE MASKS MUST  
BE WORN AT ALL TIMES INDOORS  
EXCEPT WHEN IN THE POOL.

- Check schedule carefully. Call ahead to inquire about lane availability.
- All local and state COVID regulations must be followed. Masks are required at all times except when in water. Do not attend if you do not feel well.
- Proper swimming attire is required, no cotton clothing.
- Weekday morning policy: Swimmers leaving **MUST** exit pool area by 8:00 am, including those using locker rooms, through pool deck glass doors. All must be out of the building by 8 am.

### MONDAY

6:45 - 7:00 am - Lap swim (6 Lanes)  
7:00 - 7:45 am - Lap swim (3 Lanes) / Water Aerobics (until 7:40 am)  
4:30 - 6:30 pm - Lane Rental (1 Lane)  
4:30 - 6:30 pm - Lap swim (3 Lanes) / Open swim / NO Diving Board  
6:30 - 7:30 pm - Lap swim (3 Lanes) / Open swim / with Diving Board

### TUESDAY

6:45 - 7:45 am Lap swim (1 Lane) /Masters' Swim Class (5 lanes)  
4:30 - 6:15 pm - Lap swim (4 Lanes) / Open swim NO Diving Board  
5:30 -7:30 pm - Lap swim (3 Lanes) / Open swim with Diving Board

### WEDNESDAY

6:45 - 7:00 am - Lap swim (6 Lanes)  
7:00 - 7:45 am - Lap swim (3 Lanes) / Water Aerobics (until 7:40 am)  
4:30 - 5:15 pm - Lap swim (4 Lanes) / Open swim / NO Diving Board  
5:15 - 6:00 pm - Water Aerobics / Lap swim (3 Lanes) / No Open swim / NO Diving Board  
6:00 - 7:30 pm - Lap swim (3 Lanes) / Open swim with Diving Board

### THURSDAY

6:45 - 7:45 am Lap swim (1 Lane) /Masters' Swim Class (5 lanes)  
4:30 - 6:15 pm - Lap swim (4 Lanes) / Open swim NO Diving Board  
5:30 -7:30 pm - Lap swim (3 Lanes) / Open swim with Diving Board

### FRIDAY

6:45 - 7:00 am - Lap swim (6 Lanes)  
7:00 - 7:45 am - Lap swim (3 Lanes) / Water Aerobics (until 7:40 am)  
4:30 - 5:30 pm - Lap swim (4 Lanes) / Open swim / NO Diving Board  
5:30 - 7:30 pm - Lap swim (3 Lanes) / Open swim / with Diving Board

**SATURDAY & SUNDAY: CLOSED** until a weekend custodian is hired

**OPEN SWIM:** The diving board, where indicated, and 3 lanes are open for leisure swim.

**LAP SWIM:** Designated lanes for swimming laps and aquatic fitness use ONLY.

**LAP SWIMMING ETIQUETTE; PLEASE READ:** Lap lanes are available for adults (16 years or older). When swimming alone, you have the entire lane; 2 people split the lane; 3 or more swim in circles: up one side and down the other. Speed is not important; faster people will pass slower people and everyone works at their own pace. Please inform all other swimmers when you join a lane, to prevent accidents. If a lane is empty, children may swim LAPS in that lane until an adult arrives then the child must leave the lane. Lockers are for day use only.

**Aquatic & Family Center . 413-587-1046**  
**Parks & Rec Office . 413-587-1040**  
[www.northamptonma.gov/recreation](http://www.northamptonma.gov/recreation)

Over for Full Calendar

Updated 3/4/22

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& TO REGISTER**



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& FOLLOW THE PROMPT**



# JFK Pool Calendar March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6</b> <b>AFC CLOSED</b>	<b>7</b> Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 6:45-7:45am <b>H2O Aerobics</b> 7-7:40am <b>Laundry Rental</b> (1 lane) 4:30-6:30pm Lap(3 Lanes) 4:30-7:30pm Open Swim (NO Diving) 4:30-6:30pm Lap (3 Lanes) /Open Swim (with Diving) 6:00-7:30pm	<b>1</b> Lap/(1 Lane) 6:45-7:45am <b>Masters</b> (5 lanes) 6:45-7:45am Lap(4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lap (3 Lanes) /Open Swim (with Diving) 5:30-7:30pm	<b>2</b> Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 6:45-7:45am <b>H2O Aerobics</b> 7-7:40am Lap(4 Lanes) 4:30-5:15pm Open Swim (NO Diving) 4:30-5:15pm <b>H2O Aerobics</b> 5:15-6pm Lap (3 Lanes) /Open Swim (with Diving) 6:00-7:30pm	<b>3</b> Lap/(1 Lane) 6:45-7:45am <b>Masters</b> (5 lanes) 6:45-7:45am Lap(4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lap (3 Lanes) /Open Swim (with Diving) 5:30-7:30pm	<b>4</b> Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 6:45-7:45am <b>H2O Aerobics</b> 7-7:40am Lap(4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lap (3 Lanes) /Open Swim (with Diving) 5:30-7:30pm	<b>5</b> <b>AFC CLOSED</b>
<b>13</b> <b>AFC CLOSED</b>	<b>14</b> Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 6:45-7:45am <b>H2O Aerobics</b> 7-7:40am <b>Laundry Rental</b> (1 lane) 4:30-6:30pm Lap(3 Lanes) 4:30-7:30pm Open Swim (NO Diving) 4:30-6:30pm Lap (3 Lanes) /Open Swim (with Diving) 6:00-7:30pm	<b>8</b> Lap/(1 Lane) 6:45-7:45am <b>Masters</b> (5 lanes) 6:45-7:45am Lap(4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lap (3 Lanes) /Open Swim (with Diving) 5:30-7:30pm	<b>9</b> Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 6:45-7:45am <b>H2O Aerobics</b> 7-7:40am Lap(4 Lanes) 4:30-5:15pm Open Swim (NO Diving) 4:30-5:15pm <b>H2O Aerobics</b> 5:15-6pm Lap (3 Lanes) /Open Swim (with Diving) 6:00-7:30pm	<b>10</b> Lap/(1 Lane) 6:45-7:45am <b>Masters</b> (5 lanes) 6:45-7:45am Lap(4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lap (3 Lanes) /Open Swim (with Diving) 5:30-7:30pm	<b>11</b> Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 6:45-7:45am <b>H2O Aerobics</b> 7-7:40am Lap(4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lap (3 Lanes) /Open Swim (with Diving) 5:30-7:30pm	<b>12</b> <b>AFC CLOSED</b>
<b>20</b> <b>AFC CLOSED</b>	<b>21</b> Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 6:45-7:45am <b>H2O Aerobics</b> 7-7:40am <b>Laundry Rental</b> (1 lane) 4:30-6:30pm Lap(3 Lanes) 4:30-7:30pm Open Swim (NO Diving) 4:30-6:30pm Lap (3 Lanes) /Open Swim (with Diving) 6:00-7:30pm	<b>15</b> Lap/(1 Lane) 6:45-7:45am <b>Masters</b> (5 lanes) 6:45-7:45am Lap(4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lap (3 Lanes) /Open Swim (with Diving) 5:30-7:30pm	<b>16</b> Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 6:45-7:45am <b>H2O Aerobics</b> 7-7:40am Lap(4 Lanes) 4:30-5:15pm Open Swim (NO Diving) 4:30-5:15pm <b>H2O Aerobics</b> 5:15-6pm Lap (3 Lanes) /Open Swim (with Diving) 6:00-7:30pm	<b>17</b> Lap/(1 Lane) 6:45-7:45am <b>Masters</b> (5 lanes) 6:45-7:45am Lap(4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lap (3 Lanes) /Open Swim (with Diving) 5:30-7:30pm	<b>18</b> Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 6:45-7:45am <b>H2O Aerobics</b> 7-7:40am Lap(4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lap (3 Lanes) /Open Swim (with Diving) 5:30-7:30pm	<b>19</b> <b>AFC CLOSED</b>
<b>27</b> <b>AFC CLOSED</b>	<b>28</b> Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 6:45-7:45am <b>H2O Aerobics</b> 7-7:40am <b>Laundry Rental</b> (1 lane) 4:30-6:30pm Lap(3 Lanes) 4:30-7:30pm Open Swim (NO Diving) 4:30-6:30pm	<b>22</b> Lap/(1 Lane) 6:45-7:45am <b>Masters</b> (5 lanes) 6:45-7:45am Lap(4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lap (3 Lanes) /Open Swim (with Diving) 5:30-7:30pm	<b>23</b> Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 6:45-7:45am <b>H2O Aerobics</b> 7-7:40am Lap(4 Lanes) 4:30-5:15pm Open Swim (NO Diving) 4:30-5:15pm <b>H2O Aerobics</b> 5:15-6pm Lap (3 Lanes) /Open Swim (with Diving) 6:00-7:30pm	<b>24</b> Lap/(1 Lane) 6:45-7:45am <b>Masters</b> (5 lanes) 6:45-7:45am Lap(4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lap (3 Lanes) /Open Swim (with Diving) 5:30-7:30pm	<b>25</b> Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 6:45-7:45am <b>H2O Aerobics</b> 7-7:40am Lap(4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lap (3 Lanes) /Open Swim (with Diving) 5:30-7:30pm	<b>26</b> <b>AFC CLOSED</b>
<div style="border: 1px solid black; padding: 5px;"> <p align="center"><b>Daily Pool Lap/Open Swim Fees</b></p> <p>Resident: Adult / Senior / Youth: \$5.00</p> <p>Non-Resident: Adult / Senior / Youth: \$8.00</p> </div>						
						<b>Revised 3/4/22</b>